



Our # is **435-644-5250** - Please be sure to call us the day before if would like to come up for lunch (or no later than 9:30 am the day of)

Kanab Senior Center is open 5 days a week from 8 a.m.- 2 p.m.

Home Delivery Meals (HDM) are delivered Monday, Wednesday, and Thursday.



"BY BEING YOURSELF
YOU PUT SOMETHING
WONDERFUL IN THE
WORLD THAT WAS NOT
THERE BEFORE"

SO ALWAYS BE
YOURSELF,
NO ONE ELSE IS BETTER
"KOALA"- FIED

We would like to
welcome our newest
staff member to the
Kanab Senior Center
team: Kaitlyn Bru:



CARE & SHARE
Thursday, August 2nd or
Thursday August 16th
From 2-6 p.m.



Daily:
Morning Exercise W/DVD: 9 a.m. (Every weekday for 39 years!)
Daily Lunch: Monday-Friday served at 11:45 a.m. \$3 over age 60

Mondays:
AFEP-Arthritis Exercise Class Every Monday 10:25-11:40 am
Caregivers Support Group - the 2nd Monday each month
This month is: Monday, August 13th - 12:30-2pm
One-On-One Questions & Help from Kristina & Amy with 5 County: help with applications & questions for: **Medicare, Medicaid, Social Security, Cost Saving, Heat Assistance, In-home Services** Monday, August 20th 11:00 am - 2pm

Tuesdays:
Mah Jongg (they will be glad to teach you!) -Tuesdays 1 pm
Cedar City Shopping: Tuesday August 7th, \$8 for bus
Field Trip: Cove Fort /Fremont Museum Tuesday, August 21st
Meet here 7:45 am, \$8 for bus, Bring lunch money too.
Encompass: Blood Pressure check Wednesday the 22nd

Wednesdays:
Local Shopping every Wednesday (after lunch)
Cards & Games Every Wednesday at 12:30 pm
Birthday Lunch the 3rd Wednesday of each month-This month: Wednesday August 15th with "Baker Bunch" playing after

Thursdays:
We are pleased to announce the Sewing program will continue under its new name **The "Senior Sew & Sews"** - Thursdays 10 a.m.- 2 p.m. Everyone is welcome.
Care & Share - Always the 1st or 3rd Thursday of every month, from 2 p.m.-6 p.m. - August 2nd & August 16th (you can only do one or the other)

Fridays:
"Vegetarian Food" & a Special Guest Presentation on Local & Edible plants; Friday, August 10th
Breakfast for Lunch; Friday August 31st - the last Friday each month

August 2018

